



**FOND DU LAC RECREATION DEPARTMENT**

85 Morningside Drive - Fond du Lac, WI 54935  
929-2885 [www.fdlrecdept.com](http://www.fdlrecdept.com)

# Adult Fitness Programs Spring 2019



## Zumba Cardio & Toning Tuesdays

March 17 – May 19  
(No class April 14 & 28)

**5:30 – 6:30<sup>p.m.</sup>**

Woodworth Middle School Cafeteria

**\$40R / \$45NR**

Kirsten Quam



## Zumba Cardio & Toning Wednesdays

March 25 – May 20

**5:30 – 6:30<sup>p.m.</sup>**

Sabish Middle School Cafeteria

**\$45R / \$50NR**

Katie Mammel



## Yoga

### Thursdays

March 5 – April 23

(No class April 9)

**5:30 – 6:30<sup>p.m.</sup>**

Theisen Middle School 2<sup>nd</sup> Floor

**\$35R / \$40NR**

Kirsten Quam

**Register online at [www.fdlrecdept.com](http://www.fdlrecdept.com) or at the Recreation Department**



Fond du Lac School District Recreation Department